

BRUCE BAUMGARTNER'S HEAVYWEIGHT TRAINING CAMP

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Dear Camper,

I am very happy that you have chosen **Bruce Baumgartner's Heavyweight Training Camp** to help you develop your wrestling skills during the week of July 5 - July 11, 2009. This camp should be a great experience for you. Once again, we have comprised an outstanding staff to help you become a champion.

All campers must have a (available on website) Medical History/Parent Consent and a liability waiver form that must be completed and signed by your parent/guardian. These forms are necessary in case of an emergency. Please bring these forms with you to registration. Also please bring your USAW card to registration if you have one.

Camp registration is from 1:30 - 3:30 p.m. on Sunday, July 5th in the lobby of **Highlands Suites 2**. A map is available on the website. Your first meal will be dinner on Sunday with your last meal being lunch on Saturday July 11. Check out time will be Saturday July 11 from noon. – 1:00 p.m.

Your outstanding balance will also be due at registration.

* Make checks payable to **World Class Wrestling Camp**

Registration Instructions

1. **Turn in your SIGNED medical history and liability waiver forms at registration.** These forms **must** have a parent signature next to one of the treatment options in order for you to participate in camp. Please bring your valid **USA Wrestling card** to registration if you have one.
2. Registration will take place in the lobby of **Highlands Suites 2** on Sunday, July 5, 2009 from 1:30p.m. - 3:30p.m.
3. To save time, please have your check or money order made payable to **World Class Wrestling Camp**.
4. You are required to leave a \$25.00 key deposit at registration. The \$25.00 will be refunded at check out time when your key is returned. There will be a \$5.00 charge for all lost meal tickets and a \$25.00 charge for all lost keys.
5. Keep your room locked at all times. The camp is not responsible for lost or stolen items.
6. Please check your room for damages and report all damages to the camp store by 11:00 p.m. Sunday night.
7. Any camper who breaks the camp rules will be removed from camp immediately. It will be the parent's responsibility to arrange transportation home for anyone removed from camp for disciplinary reasons.
8. **Anyone needing to be picked up from the Erie Airport or the Erie Bus Station must fill out a transportation form. Campers needing housing for July 4, 2009 must fill out and return the transportation form. The \$25.00 additional room charge is payable at check-in.**
9. A copy of the camp rules will be issued at check in and posted in the dorm. Please read and obey all the rules.
10. A camp picture can be ordered at check-in for \$5.00 (8"X10" color).

SUGGESTED ITEMS TO BRING

* Pillow and bedding (sheets and blankets)

- * Headgear, wrestling and running shoes
- * Enough workout clothes for 4 sessions a day (laundry facilities are available)
- * Bathing suit
- * Toiletries and other personal items (towels)
- * Small portable fan (optional) there are a limited number of fans for rent \$5.00 per camp
- * Notebook and pen or pencil
- * Spending money (for snacks, sodas, pizza, video games and T-shirts)
- * **Valid USA Wrestling Card if you have one (do not buy one just for camp)**

Please do not hesitate to ask any of the coaches or counselors for help. That is what camp is all about! The staff was hired for your benefit ... Take advantage of them. Parents are welcome to visit during the week.

If you need to contact your son **during** camp please leave a message at the wrestling office at 814-732-1856. In case of an *emergency* also call 814-449-2907.

Bruce Baumgartner's Heavyweight Training Camp is designed for the serious wrestler. Please come to camp **IN SHAPE**, ready to train, wrestle, run, lift and have fun. To get the most out of this camp you need to show up on July 1st with a good attitude and in good physical shape.

A sincere thank you for your plans to attend **Bruce Baumgartner's Heavyweight Training Camp**. Remember: ATTITUDE + TALENT + HARD WORK = SUCCESS.

Sincerely,

VISIT
www.brucebaumgartner.com

Bruce Baumgartner
 Olympic and World Champion

All campers must have a signed Medical History/Parent Consent form and Waiver form turned in at registration.

THERE IS SPACE AVAILABLE IN ALL CAMPS!!!
HEAVYWEIGHT CAMPS ARE ALMOST FULL!!!

Please note: We will provide free transportation to and from the Erie airport and bus station on July 4, July 5, and July 11. We have also arranged housing for Saturday July 4, 2009 so you may take advantage of reduced airfares. There is an additional charge of \$25.00 for the Saturday night housing. The transportation and additional housing form is available on the website.